



# Fresh Fruit & Vegetable Program Menu February 2016



Monday	Tuesday	Wednesday	Thursday	Friday
1 Fresh Green Grapes	2	3 Baby Carrots & Italian Dip	4	5 Fresh Tangerine
8 Broccoli Florets & Ranch Dip	9	10 Fresh Blood Orange	11	12 <b>Professional Development Day</b>  <b>No School</b>
15 <b>Presidents' Day</b>  <b>No School</b>	16	17 Snow Peas & Ranch Dip	18	19 Fresh Kiwi
22 <b>Parent Teacher Conference Day</b>  <b>No School</b>	23	24 Celery Sticks & Honey Mustard Dip	25	26 Fresh Grapefruit
29 Fresh Pineapple				

## FFVP Focus: Blood Orange

Don't be scared by its name or bright red color, this citrus fruit is not only tasty but it's great for you too! That red color means it has antioxidants, which help you fight infection and disease.

Blood oranges also taste a bit different than a regular orange, with a raspberry-like flavor.

Try a sample of blood orange at your school on Wednesday, February 10th!

